



# Cedars Manor School Newsletter

Issue 6 — October 10th 2025

## OVERALL ATTENDANCE – 95.18% Week ending 10/10/2025

	Class	%	No of Pupils late	No of <u>lates</u>
1	Fir	100	0	0
2	Yew	99.29	1	1
3	Maple	98.82	2	2
4	Sycamore	98.15	2	3
5	Hazel	97.65	0	0
6	Spruce	97.37	2	3
7	Beech	96	1	1
8	Elm	95.38	2	2
9	Cherry	95	3	3
10	Lime	91.67	1	2
11	Pine	91.43	1	1
12	Hawthorn	91.25	1	2
13	Rowan	88.75	0	0
14	Willow	87.37	0	0

The whole school attendance is 95.18% this week, which is **BELOW** the school average of 96% and at the National average of 95%



School Council



This week, the School Council met to discuss their ideas and plans for the academic year.

It was a productive meeting, and the children are enthusiastic about collaborating with other pupil parliament groups across the school to plan a range of projects.

They are also eager to share their ideas with the PTA to help organise some exciting after-school events.



## DATES FOR THE DIARY

16th October — Year 4 Cooking

17th October — Lime Class Assembly

22nd October — YR5 Science Museum Trip

24th October — Reception Dinosaur Making Workshop

4th November — Parents Evening Day 1

6th November — Parents Evening Day 2

19th November — YR1 Headstone Manor

20th November — YR3 Headstone Manor

21st November — Beech Class Assembly

24th November — Individual School Photos

28th November — Fir Class Assembly

5th December — Pine Class Assembly



## AFTERSCHOOL CLUB



Monday – Friday | 3:20 PM – 5:45 PM |  
Term Time Only

Looking for quality after-school care in a safe, engaging environment? Our Afterschool Club offers fun activities, social time, and a welcoming space for your child to relax and unwind after the school day.

Cost per session:

- £10 per child
- £8.50 per child for siblings

(A minimum of one session per week is required.)

### Important Information:

Fees must be paid termly in advance.

If you are interested, please collect a form from the school office.



# Cedars Manor School Newsletter

Issue 6 — October 10th 2025

## Year 6 Residential 2026

We are pleased to invite parents and carers of our **current Year 5 pupils** to a meeting on Monday, **14th October**, to discuss the proposed residential trip for the **2025–2026** academic year.

The meeting will take place in school from **3:30pm to 4:00pm**. During this session, we will share details about the planned destination, activities, and key dates, as well as answer any questions you may have.

Please enter the school via the **office** upon arrival. We encourage all Year 5 parents to attend, as this will be a valuable opportunity to find out more about this exciting experience for the children.

## Food Bag Distribution

We're pleased to share that **food bags will be available again from Monday, 15th October**. These bags are a great way to offer a little extra support to our families.

If you would like to **reserve a food bag**, please contact the **school office** to let them know. Bags will be distributed on a first-come, first-served basis, so please get in touch early to secure one.



This week marked the launch of our new enrichment clubs! It has been fantastic to see so many children attending and engaging so positively.

The clubs provide valuable opportunities for pupils to broaden their experiences beyond the classroom, develop new skills, and work collaboratively with their peers.

We look forward to seeing their continued enthusiasm as the term progresses.



## Rights Respecting School



Cedars Manor School is a Rights **Respecting School** and we are excited to announce that we will be applying for our **Bronze accreditation** this academic year.

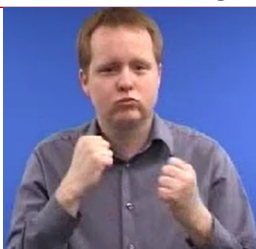
A Rights Respecting School is a school that **promotes children's rights**. Children recognise and understand these rights and how they support them in their lives.

We are currently learning about the following rights:

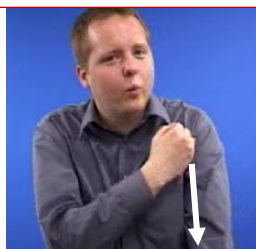
- **Article 13** - All children have the right to find out and share information.
- **Article 23** - All children with disabilities have the right to special care and education.
- **Article 28** - All children have the right to an education.

Please discuss these articles with your child to find out how these rights support them at school and in the community.

## Signs of the Week



Strong



Weak



# Cedars Manor School Newsletter

Issue 6 — October 10th 2025

## End of Day Collection Reminder

We would like to remind parents and carers that the time between **3:20pm and 3:30pm** in the playground is designated for **pupil collection only**.

If you need to discuss anything with your child's class teacher, please make an **appointment** through the school office.

As a reminder, **children should not be using the climbing equipment at pick-up time**, as this is a **health and safety concern**.

We appreciate your support in keeping all our pupils safe at the end of the school day.



## Reception's Autumn Walk



On Wednesday, our Reception children enjoyed a lovely Autumn walk around the school grounds. They were on the lookout for signs of the new season — noticing the falling leaves, the changing colours on the trees, and beginning to understand how the seasons change.

The children had a wonderful time sharing their observations and collecting leaves in a variety of beautiful autumnal colours. We encourage you to talk to your child about their Autumn walk to help further develop their communication and interaction skills.



## Year 2 cooking



Year 2 had a fantastic time this week, taking part in their cooking activity. The children made **savoury turnovers**. The children followed a recipe and measured ingredients to cook their savoury turnovers.

The children understood the importance of health and safety and made sure their cooking environment was kept clean and tidy.



## PTA Cake Sale

A huge thank you to our wonderful PTA who organised and led a cake sale after school today to further promote Mental Health Awareness Day. The event was a fantastic success, with a wonderful selection of cakes and treats available. It was lovely to see so many families coming together to support such an important cause.

We would also like to extend our thanks to everyone who contributed — whether by baking cakes, making donations, or purchasing a sweet treat. Your generosity and community spirit helped make the event both enjoyable and meaningful.



## Mental Health Awareness

On Friday, the children took part in activities to recognise **Mental Health Awareness Day**.

They wore yellow to show their support and awareness, and attended an assembly where they learned about different strategies to promote a healthy mind.



# Cedars Manor School Newsletter

Issue 6 — October 10th 2025



## ATTENDANCE EXPECTATIONS

If your child is ill or unable to attend school, it is important that you inform the school office **before 9am.**

You can do this by either speaking directly to a member of staff or leaving a voicemail on the absence line (Option 1).

If you are unsure if you should send your child to school please refer to the information in this link to determine: <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

We kindly ask that all appointments for your child, including medical and dental visits, be scheduled **during the school holidays or after school hours** whenever possible.

Appointments during the school day can disrupt your child's learning and impact their progress.



## PARKING OUTSIDE THE SCHOOL

We kindly ask all parents and carers to ensure they are parking responsibly when dropping off and picking up their children.

Unfortunately, we have noticed an increasing number of vehicles creating hazards for pedestrians and other road users. This not only poses a safety risk for the parents and children but also disrupts traffic flow around the school.



**In addition, please remember that the children's safety in the car is just as important as their safety around it.**

Drivers are **legally** responsible for making sure that any child **under 14** is correctly and securely restrained in a car seat or seat belt appropriate for their age, height, and weight. Even for short journeys, please double-check that car seats are properly fitted and that all seat belts are fastened securely.

## Value of the Month: COURAGE

**Courage:** facing challenges and fears with confidence, determination, and integrity. It means standing up for what is right, trying new things even when they feel difficult, and persevering through obstacles.



We encourage our students to demonstrate courage by speaking up respectfully, taking positive risks, and showing resilience when faced with setbacks. Courage helps us grow stronger, pursue our goals with confidence, and inspire others to do the same.



## EMAILS OF THE WEEK:



**03/10/2025** - Illness and School Attendance

**06/10/2025** - Vision Screening Information

**08/10/2025** - Hello Yellow Day & Bake Sale

**08/10/2025** - Weekly Homework—Collins

**09/10/2025** - Safeguarding Alert



# Cedars Manor School Newsletter

Issue 6 — October 10th 2025



## LEARNING AT CEDARS MANOR SCHOOL

### Nursery

**We have been learning:** all about owls. We have read the story of 'Owl babies' and talked about owls' favourite food and where they live.

**You can help at home by:** practicing putting their own coats at home. We will be using outside as much as possible.

### Reception

**We have been learning:** about signs of autumn and we went on an autumn walk around the school grounds.

**You can help at home:** *discussing with your child the changing colours of the leaves when you are out and about.*

### Year 1

**We have been learning:** about the part-whole model, which helps children understand how numbers can be split and combined.

**You can help at home by:** *practising number stories together. For example, using toys to show how a number can be made in different ways.*

### Year 2

**We have been learning:** number bonds (part-whole model) and number sentences

**You can help at home by:** *using everyday objects to create fun, hands-on activities, like snacks to show how numbers can combine or subtract.*

### Year 3

**We have been learning:** How to write quotes in a newspaper article

**You can help at home by:** *Identify speech when reading and discuss the use of speech marks.*

### Year 4

**We have been learning:** compare numbers to 10,000

**You can help at home by:** *asking them to explain how they know which number is greater/smaller using mathematical language.*

### Year 5

**We have been learning:** techniques for creative writing in English.

**You can help at home by:** encouraging them to identify figurative language when your children read fiction.

### Year 6

**We have been learning:** How to write a biography.

**You can help at home by:** asking them to write a biography at home. It can be someone in the family, or someone they admire. They can bring it in and share it with the class.

**Thank you for supporting your child's learning at home. Your involvement helps to reinforce what they've been doing in school and makes a big difference in their progress!**

At The National College, our WakeUp/Wednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

### 1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

### 2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

### 3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

### 4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

### 5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

### 6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

### 7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

### 8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

### 9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

### 10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

### Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College



# Cedars Manor School Newsletter

Issue 6 — October 10th 2025

## HARROW HEALTH & WELLBEING FAIR

Meet your integrated neighbourhood teams (INT), share your views, and discover support available in your area.

**TUESDAY 21 OCTOBER**

11AM – 3PM

📍 VICTORIA HALL, SHEEPCOTE  
ROAD, HA1 2JE.

(Main entrance next to St John Baptist Church)

**FREE  
EVENT**

### TAKE PART IN:

- Q&A sessions with a local GP
- Practical exercise and lifestyle tips- 5 steps to a healthier, happier you
- Free blood pressure checks
- Fun, creative activities promoting wellness and relaxation

### COME ALONG AND GET ADVICE ON:

- Cost of living 🇬🇧
- Fuel poverty 🚗
- Debt & Housing 🏠
- NHS App support 📱

**Food and refreshments will be available**

Dami - 07823570914

Khadijah - 07468753054

**NHS**

supported by Victoria Hall



LONDON BOROUGH OF  
**HARROW**